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*Factors affecting Native food habits*

Rita Guimond,  
Community Health Advisor,  
Manitoba Region  
May 31, 1977

Factors affecting Native food habits are: Hunting is not done as much by the native people in the South. They no longer rely on hunting and fishing for their supply of meat and fish, because they are so readily available in the local stores. The people that are not steadily employed rely on welfare payments to buy their food supplies.

### Factors Affecting Native Food Habits

Another factor to consider is the mercury contamination and the publicity this has received. Many native people are now afraid to eat the fish so they no longer fish as much.

The cooking practices in the south now do not differ to a great extent from the white population. The older people still like the old ways, but the younger people do not. This is one of the sad facts of our progress.

Recommendations by the CHR's are that there be more CHR's on each reserve or community, so one of the CHR's can specialize on nutrition.

That basic training be given to the CHR's in health then specialize in different areas depending on each community's problems and needs.

### Indian and Northern Affairs Canada

This may depend on the CHR's interests also, however, CHR's should realize the needs and priorities first.

Another recommendation made by the CHR's is that each Region should have a Regional Nutritionist and each Zone should have a Zone Nutritionist. The CHR's agreed on the whole with the proposal for Nutrition Programs by Wendy Stockan, but felt that this should not be confined to the Saskatchewan Region, but should be on the whole of Canada.

It was recommended that more nutrition programs be implemented in schools. Economic classrooms are not put to good use. More emphasis should be placed on nutritional cooking, rather than the teaching of baking cakes and cookies, etc.

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CHR's can be of great help to the medical team and the community with regard to nutrition by making people aware that traditional foods are good for us.

Promote the ordering of nutritious foods from the community store, because most stores will order what people request.

Health Committees can give much support to the CHR's and community.

The Health Committee can help promote good eating habits.

They can promote such things as a "garden growing contest". The Health Committee can raise funds for such contests.

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